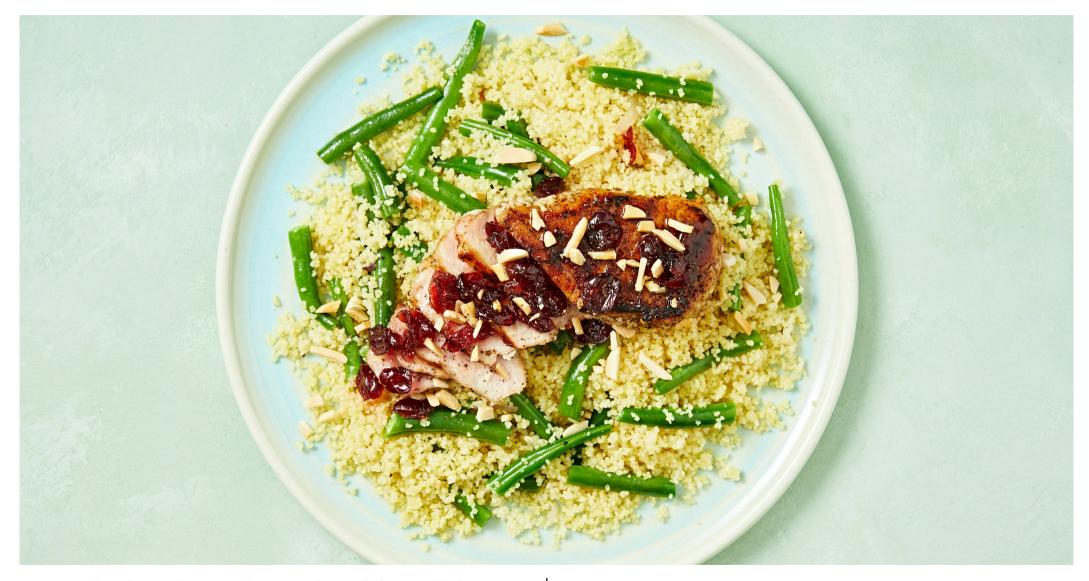
DINNERLY



Pan-Fried Pork Steaks and Craisin Relish

with Green Bean Couscous

Give midweek dinner a makeover. Slather pork loin steaks with a sweet Craisin relish and serve with couscous and almonds.



25 minutes 2 Servings



WHAT WE SEND

- · 150g green beans
- · 5g mint and rosemary seasoning 6,17
- · 2 pork loin steaks
- · 30g Craisins
- · 20g slivered almonds 15
- 150a couscous 1

WHAT YOU NEED

- · 1 tbs olive oil
- 1 tbs red wine vinegar 17
- · 2 tsp sugar
- · 20g butter 7
- · 180ml (34 cup) boiling water

TOOLS

- · small saucepan
- · medium deep frypan with lid

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Soy (6), Milk (7), Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 785kcal, Fat 32.5g, Carbs 70.6g, Proteins 47.4g



1. Prep ingredients

Trim the beans and halve crosswise. Put the mint and rosemary seasoning and 2 tsp olive oil in a large bowl, season with salt and pepper and stir to combine. Add the pork and turn to coat.



2. Make relish

Put the Craisins, 1tbs red wine vinegar, 2tsp sugar and 80ml (1/3 cup) water in a small saucepan over medium-high heat. Bring to the boil, then reduce the heat to medium and cook for 7-8 mins until slightly thickened. Remove the pan from the heat.



3. Toast almonds

Meanwhile, put the almonds in a cold medium deep frypan over medium heat. Toast, tossing, for 3-4 mins until evenly golden. Remove from the pan. Return the pan to medium-high heat. Cook the pork for 4 mins each side or until browned and cooked through (see Kitchen 101). Remove from the pan and rest for 4 mins.



4. Make couscous

Heat 2 tsp olive oil in the same pan over medium heat. Cook the **beans**, stirring, for 3 mins or until tender but still with crunch. Remove the pan from the heat. Add the couscous, 20g butter and 180ml (34 cup) boiling water to the beans in the pan, cover with a lid and stand for 5 mins. Fluff with a fork.



5. Serve up

Divide the pork and couscous among plates. Spoon over the **relish**, then scatter over the almonds and enjoy!



6. Kitchen 101

Cook the steaks just until they're blush pink in the centre, to ensure the meat is tender and juicy.

